



## Move More—Eat Better—It's That Simple!

December 2004

**Making merry is an honorable holiday tradition:** family and friend get-togethers, Christmas caroling, office parties, festive decorations, and special gift giving. And a big part of the merriment is eating—nonstop eating from Thanksgiving right on through the New Year. Isn't it OK to *indulge a little* during the holidays? Yes, of course! Yet there is indulging, and then there is pigging out. Today in a world that constantly gives us cues to EAT, it's not always easy to tell the difference.

**That's why it is so valuable to PLAN AHEAD for the holidays:**

- **Select main course meals like turkey, chicken, and fish that are low in fat & calories.** Don't overdue on large portion, high fat, high calorie meals.
- **Do not skip meals; eat 4-6 small healthy meals** for constant food energy, and to help reduce hunger and/or binge eating.
- **Eat slowly.** It takes 20 minutes for the brain to register that you are full. Put your fork down at least 3 times and take 10 breaths between bites.
- **Waiting 20-30 minutes after a meal** may help to lessen your desire/appetite for dessert. Don't go back for seconds.
- **5-9 Fruits & Vegetables A Day** even during the holidays is important for good health; eat fruit and vegetable snacks before going to a gathering.
- **Drink water** before eating & instead of alcohol.
- **Watch your portion's size.** Maintaining control is necessary for healthy weight; don't super-size, nor eat two for the price of one meals.
- **Avoid salty foods.** They tend to propel excess eating.
- **"Fluid calories don't give people as strong a feeling of fullness, so they tend to eat more,"** says R. Mattes, PhD. at Purdue University. "...when people overindulge in high-calorie drinks like champagne and wine, they don't compensate by eating less. Instead, their calorie intake can go higher than New Year's Eve fireworks."
- **Make time to exercise— walk 2,000 more steps a day to help balance the extra holiday calories.** Exercise helps to keep your metabolism revved up & in a calorie-burning mode. Plus exercise just makes you feel more energized & looking good!

A child's natural energy, flexibility and endurance is amazing and can be the inspiration we need to insure that we eat the right foods and get plenty of exercise at any age. Oh, to be a child!

### Tips for Family Fitness Fun

Fill Christmas Stockings  
with Pedometers, and  
Gift Certificates  
for Fitness Club  
Memberships.

### Fitness Club Discounts

### Pedometer Discount

#### There's More.....

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## Our New Lifestyle—We Like How We Feel!

Both my husband and I began the South Beach Diet on 01/18/04. I have lost 40 lbs. and my husband has lost over 80 lbs. We changed our eating habits and started walking 5 days a week. When we went to the doctor for blood tests and blood pressure check, both of us have lower blood sugar and cholesterol levels, and lower blood pressure! We feel better!

Walking is a necessity! That is our primary exercise and it helps very much! I walk at work on my breaks, both morning and afternoon. My husband, who is retired walks 40 minutes at the mall every week day. We also do simple back exercises that were given us by doctors. They are not strenuous, but help with strengthening muscles and firming up!

We both eat a lot of salads with balsamic vinegar and olive oil, boiled eggs, cottage cheese, chicken, turkey. We eat sweet potatoes, squash, and green beans. My husband will have a small steak occasionally. We eat hamburgers with cheese but no bun or just the bottom half of the bun (but not often). We enjoy jello, yogurt, raisins, nuts, low fat puddings and popsicles, low fat fudge sticks, and share low fat desserts like a small slice of low fat cheesecake. Yes, I do eat bread occasionally, but my husband doesn't because his glucose bothers him. My husband also gave up coffee as well as decaffeinated coffee, because he realized that was bothering his stomach. We drink our quota of water per day and herbal tea as well as regular tea, which isn't as upsetting to my husband's stomach. Both of our allergy problems seem to be better also.

We are careful with portions and what you eat. We do not feel that we have to leave anything out of our diet. It isn't really cutting out foods; we are just eating better. We eat very few white potatoes as we have replaced them with sweet potatoes or mashed cauliflower. We have not had a french-fry since January 18, 2004, and we have not missed them even when going to a fast-food restaurant with our grandchildren or anyone else. We just don't eat them! We don't even crave them any more.

When we often go out to restaurants to eat, we feel very comfortable ordering from the menus, because many restaurants offer low carb, low fat foods now. For butter, we use the no carb, no calorie spray butter. We cook many low fat and low carb recipes that you can find in magazines and on the internet now. I really like the turkey roll ups that are in the South Beach Diet. They are the greatest! When I go back to eating breads, I feel full and bloated and have put back on 6 pounds, so I will cut way back on the breads and sweets. Occasionally we eat sweets, but too much makes us feel weak, so we are sticking with the low calorie fudge sticks. My husband and I feel much happier with ourselves, healthier, more energetic, and able to do much more than we did before changing our lifestyle.

We even had to purchase a new wedding ring for my husband because he lost so much weight. He is now about 10 pounds from his goal (actually his doctor's goal), but I am about 30 pounds from my goal. I know I will make it, probably by the end of February 2005, that is my goal.

Right now, I have been eating Halloween candy and I am feeling bloated and full. I will return to my regular eating pattern without sweets (except for the nightly fudge stick). I don't feel bad that I ate the sweets. It was fun, but now it is time to stop and get back to my routine as I want to avoid gaining the weight back, feeling heavy, and most of all reducing the risk of diabetes due to being overweight.

### In Honor of Dad

I have been able to stay active since my father died of cancer in October of 2003. I realized how lucky I am to be 44 years old and have the good health that I do. I began running 5 Ks in 2003 just to feel better about myself. I told my Dad that I was going to run the 10 K CRIM in 2004. He died before I could show him that I kept my goal. I completed the CRIM as I said I would in his honor. I have also become a Fitness Ambassador to the Governor for Lapeer County. I ran on the Mackinac Bridge on Labor Day. I have found it is easier to keep running regularly, because I sign up for future races and events far in advance.

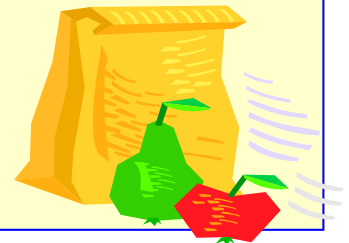
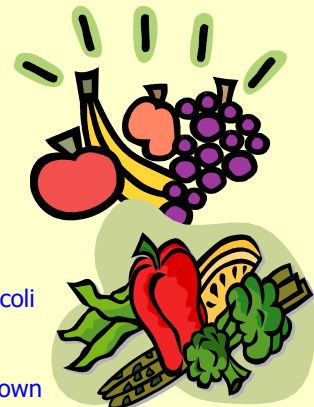
I was told that one person can affect an average of 20 people in and around their lives by doing some sort of physical activity. My cousin started running with me and continues to do so, even passing me in many events. I think that if my Dad could deal with the pain and uncomfortable feelings of cancer, I can get myself *up and moving*. I think that if I am in the best shape I can be, when and if something comes my way (family history of heart disease, cancer, high blood pressure, diabetes, etc) then I will be stronger and better able to fight it. This I do for my family and myself. I know the feelings of helplessness while watching my father die.

## TIPS for Better Health

**In the last two years I've lost 25 pounds, lowered my cholesterol about 50 points to 189, and dropped my triglycerides a bunch so they're now in the normal range.**

### Some keys that helped me:

- *Going to the gym at lunch time.* I made time for that by coming to work a half hour earlier so I could take an hour and a half lunch break. That way I have time to have a good work-out and still have time to eat.
- From April through October I began *riding my bike to work*, about 5 miles each way. It takes me about a half hour per trip, about the same as taking the bus, and it saves on bus fare and auto/parking expenses.
- *Cutting way back on sweets* (donuts, candy, snack bars) during the work day. I replaced them mainly with fruit and sometimes nuts. I'm careful with nuts though, because they're packed with calories. I bought one of those big boxes of 48 one ounce peanut snack packs from Sam's Club to help me manage serving sizes; the 3-4 ounce size normally sold at my worksite's snack bar is too big.
- *Drastically increasing veggies.* What really helped was cooking them differently so that they taste good. Instead of boiling or steaming, we now sauté most of them in olive oil and add lots of onions and tasty spices. I actually LOVE asparagus and broccoli now, whereas before they'd make me gag.
- *Replacing nearly all refined grains* (white bread, white rice etc) *with whole grains*; brown rice, whole wheat pasta, oat bran bread, etc. Also I reduced my intake of carbs by about 25%. I found the article on "rebuilding the food pyramid" posted on the WOW website was very helpful: <http://www.sciam.com/article.cfm?articleID=0007C5B6-7152-1DF6-9733809EC588EEDF>.
- *Downsizing the serving sizes* of most entrees and desserts. I shoot for a serving size of about one and a half cups (I actually measured my servings with a measuring cup for a few weeks to get a feel for what that size looked like); and for meat a piece about the size of a deck of cards. I allow myself *unlimited* amounts of fruit and veggies so I feel satisfied after a meal.
- *Bringing my lunch to work*, usually leftovers from a dinner that week. This helps me manage my serving sizes and fat intake; it seems that most restaurants these days super-size their dishes, and I tend to eat most or all of it! Plus eating out gets expensive over time.



Hope some of these help somebody!

### FINDING TIME TO EXERCISE

Two ideas that work for Brenda Mazuca in the Department of Labor & Economic Growth—DLEG

1. **Use your lunch hour to get exercise.** If you take a half hour lunch and family responsibilities don't prohibit you from working a half hour longer, change your lunch hour to 60 minutes to allow yourself time for fitness. There are various health club opportunities downtown Lansing—the YMCA, Curves, Lansing Community College, and walking the River Trail.
2. **Need to catch-up with a friend? Propose a walking visit.** It's a great time management tool! You get caught up with what is happening with each other, AND two people achieve exercise for the day. Also, you can organize neighborhood walks with neighbors who'd like to exercise, and you become better acquainted with them at the same time.

## WOW 's Contest & Free Drawing 12/04

- All State of Michigan employees are eligible.
- Send your answer (s) in the WOW e-mail link provided:  
[MDCS-WOW-WorkingOnWellness@michigan.gov](mailto:MDCS-WOW-WorkingOnWellness@michigan.gov)
- The name of employees giving the correct answer will be put into a monthly drawing for a FREE gift.
- Each month one new winner will be chosen; sorry an employee can WIN ONLY ONCE.

**December 2004's question is: How many calories does just 1 teaspoon of sugar contain?**

**REMEMBER:** the answer is in the December WOW (WorkingOnWellness) website.

### Berry Dessert Nachos

- 1/2 cup fat-free dairy sour cream
- 1/2 cup frozen fat-free whipped dessert topping, thawed
- Low-calorie liquid sweetener equal to 2 tablespoons sugar
- 1/4 teaspoon (tsp) ground cinnamon
- 6 7-8 inch fat-free flour tortillas
- Butter-flavor nonstick spray coating
- 1 tablespoon (tblsp) sugar
- 3 cups raspberries and/or blackberries
- 2 tablespoons (tblsp) sliced toasted almonds
- 1 1/2 teaspoons (tsp) grated semisweet chocolate



1—In a small bowl stir together sour cream, dessert topping, liquid sweetener, and 1/8 tsp cinnamon; cover & chill.

2—Meanwhile, cut each tortilla into 8 wedges. Arrange wedges on 2 baking sheets. Lightly spray wedges with nonstick coating. In a small bowl stir together sugar & 1/8 tsp cinnamon; sprinkle over tortilla wedges. Bake in a 400 degree oven X 5 minutes or until crisp. Cool.

3—To serve, place 8 tortilla wedges on each of 6 dessert plates. Top with berries and sour cream mixture. Sprinkle with almonds and grated chocolate. Makes 6 servings.

Calories: 195; total fat: 2g; saturated fat: 0g; cholesterol: 0mg; sodium: 358mg; carbohydrates: 38g; fiber: 3g; protein: 5g; diabetic exchange, fruit: 1. <http://ww4.bhq.com>